



The Commission on  
Women, Children, Seniors, Equity & Opportunity  
**CWCSEO**  
Connecticut General Assembly

*Presents*

# EMPATHY AND CONNECTION THROUGH THE ARTS

The Commission and Stand Up and Speak Out work together to help foster a positive school climate for children and youth throughout Connecticut by building empathy through the arts with a musical about the effects of bullying. It addresses the effects that exclusion and negativity have on our youth and informs students about ways in which they can step up against the cycle of insensitivity. Written and produced by four-time Emmy nominee Jill Nesi, Her Song debuted at the Ivoryton Playhouse in May 2017 with outstanding reviews from educators and students alike.

The goal of the partnership is to raise awareness about the critical importance of Social and Emotional Learning (SEL) and to empower youth leaders. By leading with kindness, youth can combat negativity and exclusion. Building evidence-based programs is a way to reach those that have been affected.

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## SOCIAL AND EMOTIONAL LEARNING THROUGH EXPRESSION

*Free Building Kindness and Empathy Enrichment Activity Guides  
for Middle and High School Students. Intended to help students recognize and learn ways to mitigate mean  
behavior and bullying. Lessons contain material concerning cultural diversity and awareness, digital  
responsibility, homophobia, harassment, relationship skills, and school safety. Some activities involve group  
role-playing depicting the negative impact of mean behavior.*



Building Empathy Guide  
[Online Virtual Version:](#)



Building Empathy Guide  
[Original, In-Person Version:](#)